

HOT SHEET
Wednesday, June 29, 2005

NOTE TO EDITORS: This is the second day of competition at the 25th National Veterans Wheelchair Games—the largest annual wheelchair sports event in the world. The Games, a great patriotic, sports, and health/fitness story, run through Friday, July 1, 2005 at the Convention Center, McMurray Field, the Metro Gun Club, the University of Minnesota and other locations. **Today, slalom and swimming are highlights along with a first-time sports demo at the Mall of America. Actress Bo Derek**, National Honorary Chairperson of VA's National Rehabilitation Special Events, will be handing out medals and visiting the athletes all week. For media information about the Games or to arrange for interviews, please call the National Veterans Wheelchair Games Media Center, at Convention Center, at (612) 335-6668 or 335-6669. Visit the Games web site at www.wheelchairgames.org for continuing updates all week.

FIELD EVENTS

8:00, 9:30 & 10:30 am

McMurray Field

Field events include javelin, shot-put, discus and club throw (a unique field event specifically designed for higher-level quadriplegic athletes). All events are performed from the wheelchair (or a special stool-type competition chair) in a stationary, stabilized position. **Good photo/interview opportunities, with a variety of field events available in one location at one time.**

***POWER SOCCER GAMES 1 & 2**

10:30 am

Convention Center, Halls B+C

The newest medal event, power soccer is a unique, competitive sport for motorized wheelchair users, played on a basketball size court by two 4-member teams (one member as goalie) using a large rubberized ball. The object is to maneuver the ball across the opponent's goal line – and to keep them from doing the same. **Great action!**

MINNESOTA TWINS GAME

12:00 pm

Four athletes will be attending the Minnesota Twins Game at noon to throw out the ceremonial first pitch. They are Ric Jost of Apple Valley; Melissa Stockwell of Minneapolis; Andrew Bernstrom of Champlin; and Gary Pearson of Seattle, Washington.

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TRAPSHOOTING EXHIBITION

1:00 pm

Metro Gun Club

Athletes will have the opportunity to participate in this growing recreational and competitive sport at the Metro Gun Club's shooting facility. This special event is for exhibition only, no medals awarded.

***SLALOM**

1:00, 3:00 & 7:00 pm

Convention Center, Hall B

A true wheelchair sport, the slalom is a test of agility, skill, speed and strength around a challenging obstacle course. The course is timed on a smooth surface, defined by flag gates around which the athlete must maneuver both forward and backward. Obstacles are added including ramps, platforms, slopes and hurdles. An extremely emotional event with incredible displays of the athletes' strength, willpower and sheer determination! Quadraplegic competitors challenge themselves today. Lots of cheers and spectator excitement.

SLALOM DEMONSTRATION

5:00 – 6:30 pm

Mall of America, Sam Goody Central

The Wheelchair Games go to the Mall! In an effort to educate the Minneapolis community about the excitement of wheelchair sports, five of our National Veterans Wheelchair Games athletes will demonstrate to the general public what the wheelchair slalom is all about and how it's done. A modified slalom course will be set up in this large rotunda area in the center of the Mall. Following the demonstration, mall shoppers will even have an opportunity to experience the slalom event for themselves. Please join us for an evening of fun and excitement!

SWIMMING

6:30 pm

University of Minnesota

Imagine what it's like to swim competitively with no leg movement, or missing your lower extremities. All swimming events start in the water and include competition in the breaststroke, freestyle and butterfly strokes. Race distances run 25 yards for quadriplegic groups; 50 and 100 yards for other competitor groups. **Lots of action and determination are exhibited here, with potential swimmer/coach interviews.**

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***WEIGHTLIFTING**

7:00 pm

Convention Center, Hall C

Weightlifting competitions are classified strictly by body weight within two classes—“high para” and “low para/amputee.” The bench press is the form of weightlifting performed. Wheelchair competitors start with the bar held one inch from the chest and are required to drive the weights up in one continuous motion to a full extended position. This event demonstrates the strength and determination of our wheelchair athletes. **Some of the “heavy-weights” at the Games have bench-pressed more than 450 pounds!**

***Great action photo opportunities!**

OTHER EVENTS ON WEDNESDAY

- **Air Guns** – Convention Center, Hall D, 8:00 & 10:00 am; 1:00 & 3:00 pm
- **Table Tennis** – Convention Center, Hall D, 1:00 & 3:00 pm
- **9-Ball** – Convention Center, Hall D, 1:00 pm

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